

November 4, 2019

## DIABETES PREVENTION PROGRAM BEING OFFERED

**Contact:**

Kevin Watler  
kevin.watler@flhealth.gov  
(813) 559-4065



**Hillsborough County, Fla. –** A diabetes prevention program to help those who would like to reduce the chance of developing Type 2 diabetes is being offered. The Florida Department of Health in Hillsborough County (DOH-Hillsborough) is offering the National Diabetes Prevention program at no-cost to help combat the growing health threat of obesity. Trained lifestyle coaches guide participants to form healthy habits and achieve weight loss.

- **November 5**, at 11 a.m., at Jackson Springs Recreation Center, 8620 Jackson Spring Rd., Tampa, FL 33615
- **November 25**, at 10:30 a.m., at Fair Oaks Community Center, 5019 N 34<sup>th</sup> St., Tampa, FL 33610
- **December 6**, at 1 p.m., at the SouthShore Community Resource Center, 201 14th Ave SE in Ruskin.
- **December 10**, at 5 p.m. at the United Food Bank of Pant City, 702 E. Alsobrook St., Suite H in Plant City.
- **January 15**, at 12 p.m., at the Lee Davis Community Resource Center, 3402 N 22<sup>nd</sup> St., Tampa, FL 33605

Those who complete the program can prevent or delay Type 2 diabetes by losing five to seven percent of their weight. For a 200-pound person, that is approximately ten to 14 pounds. Participants meet 24 to 26 times for about one hour. During the first four months, participants will meet weekly. The following six months, participants meet once or twice per month.

To qualify for the program, a person must be overweight and at risk of developing diabetes. Many factors increase the risk for prediabetes and Type 2 diabetes:

- Being 45 years of age or older.
- Having a family member with diabetes.
- Having a family background of African-American, Hispanic/Latino, American-Indian, Asian-American, or Pacific-Islander.
- Having had diabetes while being pregnant (gestational diabetes)
- Being physically active less than three times a week.

Classes are limited to approximately 15 people. Residents who are interested in the diabetes prevention program should call (813) 559-4188 or email [programinfo@flhealth.gov](mailto:programinfo@flhealth.gov).